



HEALTHY & WHOLE

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How One Person Found The Courage To Make a Difference



Seema David started 5N2 kitchens to provide meals to the underserved residents in Scarborough.

DEBRA MCGONGAL
FUND & VOLUNTEER
DEVELOPMENT MANAGER

As you walk the streets of Scarborough, you are surrounded by cultural diversity, incredible sights and friendly neighbors. However, what may go unnoticed is the number of individuals and families struggling to find affordable shelter, clothing and food. But one person did notice. When Seema David, a 2007 Middle East immigrant to Scarborough, found an administration job in the downtown core, she noticed the greater level of funding and support received in that area in comparison to the Scarborough community. This realization inspired her to create change within her community. Seema wanted to start a soup kitchen to help provide some food security to Scarborough residents but lacked the resources and didn't

find friends and family very encouraging. "They thought I was crazy!" Against all odds, she and her husband registered their very own soup kitchen, 5N2 Kitchens, by 2013.

Seema reached out to Scarborough Centre for Healthy Communities (SCHC) when she found out about the SCHC Food Bank and met with Christine Hewitt, the Community Engagement Manager Kingston/Galloway/Orton. Thus, the partnership to provide nutrition to Food Bank clients began with 5N2Kitchen's providing over 350 soups, lunches and breakfasts three days every week for over four years. "I was so inspired by Seema's passion and dedication to helping others" said Christine.

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Greetings From the CEO



PERSON AND FAMILY-CENTERED CARE AT SCHC: ONE STEP AT A TIME

Person and family centered care (PFCC) is what we at SCHC deem as 'our way of life'. In everyday terms it means how we make sure that you, our clients and community are actively involved in how we go about planning, delivering and evaluating the services we deliver.

All SCHC staff are embracing these principles in their interactions and work with clients and families.

Dignity and Respect: SCHC staff listen to and honour clients and family perspectives and choices. Client and family knowledge, values, beliefs, and cultural backgrounds are incorporated into the planning and delivery of care/services.

Information Sharing: SCHC staff communicate and share complete and unbiased information with client and families. Clients and families receive timely, complete, and accurate information in order to effectively participate in care and decision-making.

Participation: Clients and families are encouraged and supported in participating in care and decision-making at the level they choose.

Collaboration: Patients, staff, families and leaders collaborate in development, delivery and evaluation of care and services.

Person and Family-Centered Care philosophy is a journey that requires your ongoing engagement and feedback. You can help us help you in many ways including by sharing your needs and opinions in your regular contact with our staff and volunteers, by completing a client engagement questionnaire on our website (www.schcontario.ca) and this September by participating in

the opportunities to inform our new strategic plan.

Together we will be successful in building strong and connected communities!

Strategic Planning: In order to ensure that organizations are meeting the needs of their communities we engage in a process called strategic planning every three to five years. As 2018 comes to a close it is our turn to review and update our strategic plan and we need your input to help us. In the month of September our consultants from SN Management will be reaching out to our clients and community for your involvement in making sure SCHC is responding and meeting our communities' needs. I hope you will take advantage of the opportunity to participate!

Thank you

Jeannie Joaquin

MISSION STATEMENT

SCHC is dedicated to meeting the diverse, holistic health needs of the communities of Scarborough by addressing the physical, mental, social, financial and environmental aspects of their health. Through the promotion of healthy lifestyles and the delivery of a comprehensive range of culturally competent health and social services, we cultivate vital and connected communities.

VISION STATEMENT

To be recognized by our clients, communities and partners as leaders in championing holistic health and wellness for the diverse populations of Scarborough.

VALUES

- I** Inclusiveness
- C** Community Engagement
- A** Accountability
- R** Respect
- E** Equity

Seniors Escape Summer Heat With Day Trip to Muskoka



Left to right: Sue Thomas, Sue MacDonald and Sue MacDonald's guest relaxing and watching the scenery on Lake Muskoka.



Active Living Centre clients, staff and volunteers enjoying lunch aboard the Lady Muskoka cruise ship.

NAVIA HARRY
ACTIVE LIVING CENTRE
COORDINATOR

A charter bus whisked 40 seniors from the the SCHC Active Living Centre away to

escape the Toronto heat for a day long adventure in July. They enjoyed a sumptuous lunch served aboard the Lady Muskoka cruise ship as it sailed around the sparkling waters of Lake Muskoka. Afterwards,

they stopped at Maple Orchard Farms to shop local produce and crafts. Everyone enjoyed the brief respite from the busy city life to enchanting cottage country.

ABOUT US

Scarborough Centre for Healthy Communities (SCHC) is one of the most established and comprehensive community health organizations in the province. The organization owes its beginnings in 1977 to thirteen community agencies, a core group of community leaders and countless volunteers who identified emerging health and social needs within Scarborough. We work with over 650 volunteers and 140 staff to offer 38 distinct and integrated services across 11 sites. In order to remain a client-centred, integrated, engaged and proactive organization, we have continued to work closely with our community members and foster partnerships that address pressing needs, setting new standards of excellence in community health.

WE'RE ON
SOCIAL MEDIA



@SCHCOnT



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Town Hall Meeting: National Suicide Prevention Action Plan

LAURA MCKIM
COMMUNITY HUB COORDINATOR,
MID-SCARBOROUGH HUB

Canada is one of a handful of developed countries without a national action plan to reduce suicide.

In collaboration with MP Charlie Angus, Pastor Wilson and concerned community residents, The Mid-Scarborough Hub hosted a town hall meeting to discuss the need for a National Suicide Prevention Action Plan.

On Wednesday August 23, more than 50 community residents came out to participate in this

important and much needed discussion. Panel speakers included MPP Doly Begum, Mark Farrant, CAMH 150 Difference Maker and PTSD survivor, Courtney Taylor, Co-founder of March for Mental Health, Mark Henick, Advocate, TEDx talk “Why we choose suicide” and Mike Villeneuve, CEO Canadian Nurses Association. Community members courageously shared their personal stories and experiences with mental health and suicide. Passionate accounts of crisis, trauma and healing were heard and the great need for more mental health services and supports was discussed.

Residents also shared a desire for change in how we deal with and talk about mental health, stigma, and trauma. As one resident said: “Trauma is not what happened to you but how you experienced it”.

Community members want increased support and funding to schools, government agencies and non-profits to help deal with these issues in a more effective and immediate manner. Ideas to create change included grassroots activism, working closely with our local politicians, telling our stories, and teaching our children how to have supportive conversations.



You are Invited to the SCHC Semi-Annual Fall
in Love with My Hub Event

Tuesday, September 25th 11:30a.m. to 2:30p.m.
2660 Eglinton East (and Brimley)

This event is for community members, Hub partners, staff, and resident leaders to gather together for an enjoyable “Snack & Learn” networking event. Our goal is to share information with the community about available programs and services at the Hub and to present the results from our ongoing Hub Strategic Planning.

Improvements in Foodbank Result From Client Feedback

CALLUM TYRRELL

QUALITY ENGAGEMENT MANAGER

SCHC has deployed a Person and Family Centered Care (PFCC) strategy over the last year. Using our PFCC survey results for each team area, we have updated our mechanism for unleashing the wisdom of our clients to help us improve their experiences through our Quality Boards. One wise improvement idea at the Food Bank came from a client sharing their experiential feedback. The layout of the line-up waiting area, including where the coffee table was positioned in the room, was adjusted.

This idea had three key impacts: 1) it reduced the confusion regarding which line was intake and which line was soup kitchen;



Staff at the Social Support Quality Board Reviewing a Client Idea Card for Improving Client and Family Centered Care in their programming.

2) it supported community building during the wait time amongst the clients; 3) the numbering system was made more visible, which reduced the stress and anxiety of clients, concerned about being in the right line at the right time.

The teams at SCHC continue to filter through the Quality Boards and the wonderful ideas we received. Based on the degree of impact and implementation, we will work to integrate client wisdom into all areas of program service delivery, to optimize everyone's experience.

We Need Your Help!

LORI BEESLEY

COORDINATOR VOLUNTEER
ENGAGEMENT



Have you always wondered what it would be like to experience the Amazing Race Canada?

On Saturday October 13th, 2018 you are invited to compete in our 1st annual amazing scavenger hunt challenge fundraiser.

Register your team for this fun-filled event! Or sponsor another team and make a donation.

Feel good, knowing that your efforts will benefit 3 amazing program areas of SCHC:

Youth Summer Camps, Senior Services and Hospice Programs.

The day starts at 9am with

team check-in at Cedarbrook Community Centre and the fun begins at 10am.

We'll provide a great lunch plus prizes awarded to the top teams.

Contact Debra McGonegal at dmcgonegal@schcontario.ca or for more details go to: <https://www.canadahelps.org/en/charities/scarborough-centre-for-healthy-communities/p2p/QuestThroughScarborough>



Register by using your mobile device and scan the QR Code

Naturopathic Clinic



RUCHIKA WADHWA
DIABETES DIETITIAN

In May 2018, SCHC became a home to a Naturopathic clinic by The Canadian College of Naturopathic Medicine. The Naturopathic clinic uses an evidence based approach to treatment. It uses natural health products/approaches to treat various diseases with or without the use of pharmaceuticals.

Treatments offered:

- acupuncture
- special diets, elimination diets, food plans guided by food sensitivity testing
- lifestyle counselling: healthy life styles. Exercise, proper posture, proper sleep, interpersonal relationships, cognitive behavioral therapy
- tinctures
- bioidentical hormone prescription, physical manipulation
- free supplements/herbal/nutritional support (limited)

This clinic respects the treatment plan by other doctors and health care providers and updates the medical team of any prescribed supplements or herbs and checks any possible interactions with the prescribed medications.

For referrals

Phone:416-498-1255 extension: 483, leave a voice message with the name of the patient and telephone number. One of the team members will call back the patient to book an appointment for him/her.

Email: SCHC@ccnm.edu

Free clinic visits at:
Scarborough Centre for Healthy Communities
629 Markham Road. Unit #2
Scarborough, ON M1H 2A4

Days of operation:
Only Saturdays

Timing: 11 am to 3 pm

Duration of appointment:
1 hour

Diabetes Concerns Every Family

DETECTING DIABETES EARLY INVOLVES THE FAMILY TOO: One in every two people with diabetes is undiagnosed. Early diagnosis and treatment is key to helping prevent or delay life-threatening complications.

Diabetes is a leading cause of heart disease, stroke, blindness, kidney failure and lower limb amputation. Know the signs and symptoms to protect yourself and your family.

PLAY YOUR PART:
Get screened for type 2 diabetes.



School has Started - Add a Comprehensive Eye Exam to Your Checklist



CHANDRANIE ROBERTS
REGISTERED PRACTICAL NURSE

It's that time of year again!

With the end of summer quickly approaching, many parents to-do-list includes shopping for new clothing and school supplies. What many parents tend to overlook is one of their child's most important

learning tool: their eyes. "Early comprehensive eye exams are critical to helping children succeed in life and provide the best opportunity to correct vision problems," says CAO President Dr. Barry Thienes.

1. Rest - Screen time should be limited to 2 hours per day. Children should be encouraged to rest their eyes by following the 20/20/20 rule. Looking away from a book/screen for 20 second every 20 mins to an object 20 feet away.

2. Include eye healthy foods in their meal - Foods containing vitamin C (papayas, red bell peppers, kiwi, strawberries, and oranges) or antioxidants

such as lutein and beta-carotene (carrots, sweet potatoes, squash, spinach, kale, and broccoli).

3. Protect their baby blues (or greens or browns) - Wear proper protective eyewear when playing sports.

4. Practice good hygiene - Encourage your child to wash their hands regularly to eliminate the spread of germs.

5. Have a regular eye exam - CAO recommends bringing your school-age child for a comprehensive eye exam every year.

Reference: The Canadian Association of Optometrists

How One Person Found The Courage To Make a Difference

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From coming to a new country to celebrating the 5-year anniversary of their soup kitchen this August, Seema and her team of incredible volunteers have grown the kitchen from providing 100 meals a week to over 1000 from 8 locations. That's 1000 people in Scarborough that can count on at least 1 hot meal per week. Contact Seema at 647.993.9513 or Christine at 416.847.4141 if you would like to help volunteer or make a donation of food.



Every Wednesday in the SCHC community kitchen and dining area at 4100 Lawrence Ave East, close to 200 clients eat a hot meal prepared and served by 5N2 Kitchen.

Partnership Plays All The Right Notes



Graduates proudly display their certificates surrounded by proud parents, music teachers and SCHC staff.

SHOLA ALABI
COMMUNITY ENGAGEMENT
MANAGER/EEKP

For the past 3 years, children and youth residing in Toronto Community Housing buildings from the Eglinton East-Kennedy Park neighbourhood have experienced the invaluable opportunity of learning a musical instrument. A partnership between SCHC providing space and Axis Music providing lessons for piano, violin and cello, gives young people a chance to engage in the greater arts community.

Participants develop skills in collaboration skills, an excellent work ethic and, of course, the ability to make beautiful music. The program offers private lessons, group workshops, no charge loans of instruments, guest artist workshops, concert trips and performance opportunities.

Axis Music’s lead artists are extremely dedicated and they connect well with their participants. They are patient, understanding and fun, while still holding participants to high standards.

As demonstrated by the long wait list, this program continues to meet the needs of the community with the committed support from parents/guardians, SCHC and Axis Music.

